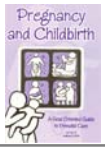


10 to 12 Weeks of Pregnancy



Refer to pages 13-18 in Your Pregnancy and Childbirth Handbook for more information

Your Baby

Interesting Facts: Rapid growth continues. Your baby can swallow amniotic fluid. The heart beat can be heard at 120 to 160 beats per minute. Your baby's ears, arms, hands, fingers, legs, feet, and toes will be fully formed by the end of 16 weeks. Muscle and bone are developing rapidly.

Size: about 6 inches

Weight: $\frac{1}{4}$ pound (20 grams)

Your Body

Your body is producing a lot of hormones to maintain the pregnancy. This can cause you to have nausea and vomiting. The hormones of pregnancy tend to slow your bodily functions down, so constipation can become a problem. You may feel unsure about your pregnancy at times. These feelings are normal and should be discussed with either a family member or with your Healthcare Provider.

Your Visit

Today you will receive a complete physical exam that will include a breast exam, pap smear, pelvic exam, and screening for sexually transmitted diseases. According to your weeks in pregnancy, the Healthcare Provider will try to listen to the baby's heart rate with a hand-held machine called a doppler.



Your Responsibility

Your responsibility is to keep your prenatal appointments. It is also important to start an exercise routine. This will help you keep your energy as well as keep you fit. Make sure to eat healthy nutritious foods and drink plenty of water. Talk to your family and provider about your feelings concerning pregnancy.